



10. Unter-Tage Sparkassen Marathon

Brügman- Schacht, Sondershausen / 03.12.2011

Detailed evaluation

Staack, Andreas

Club: Henstedt-Ülzburg
Number: 386

Course: 42.16 km
Marathon

Category:
Männer M50

Total time: 5:32:48

Speed: 7.57 km/h
Running performance: 7:53 min/km

Rank in course/Total: 253 (of 311)

Rank in course/Men: 232 (of 279)

Best time in course: 3:02:44

Rank in category: 39(of 47)

Best time in the category: 3:29:07

Intermediate times				Stage score				Total ranking						
Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Runde	5.27	38:34	7:19	42	13:19	255	16:51	5.27	38:34	7:19	16	5:45	238	8:01
Runde	5.27	41:04	7:47	47	16:03	273	19:21	10.54	1:19:38	7:33	16	11:52	233	36:12
Runde	5.27	40:18	7:38	46	14:16	264	18:03	15.81	1:59:56	7:35	16	15:54	233	54:15
Runde	5.27	40:43	7:43	41	14:47	247	17:55	21.08	2:40:39	7:37	16	18:12	233	1:12:10
Runde	5.27	41:53	7:56	39	15:34	230	19:17	26.35	3:22:32	7:41	16	14:11	233	1:31:27
Runde	5.27	43:00	8:09	36	15:43	221	20:28	31.62	4:05:32	7:45	16	10:45	233	1:51:55
Runde	5.27	42:55	8:08	28	15:16	182	19:43	36.89	4:48:27	7:49	16	6:04	232	2:11:38
Runde	5.27	44:21	8:24	29	18:43	193	28:36	42.16	5:32:48	7:53	39	2:03:41	238	4:39:26